

## Division – 4

### Full Court

#### **BALL – 28.5 GOAL HEIGHT 10ft**

Players at this age exhibit a mature level of hand-eye coordination and understanding of the game. As individual skills continue to grow, athletes embrace team aspects of the game. They also possess a strong desire to compete and determine how they stack up against the competition. Because of this, Level 4 rules follow a traditional middle school rules format.

Play is governed by the National Federation of State High School Associations' (NFSHS) Rules unless otherwise stated below.

#### **DIVISION GOALS:**

1. Advance fundamentals of dribbling, passing, shooting, and rebounding.
2. Advance offense play calling.
3. Respect for "on-the-court" referee.
4. Score and standings are kept, post season tournament.
5. Any Defense can be ran at any time including full-court
  - a. A team may not run a full-court press when up by 20 points
6. Intermediate Foul Shot.
  - a. Players are allowed 5 fouls
  - b. Team fouls are maintained

#### **PRACTICES:**

Will be one day a week for one hour each. It will consist of a 50 practice court time followed by a 10-15 minute team meeting in an off-court room for a short lesson based on our league virtues.

- Players who miss their team meeting could result in reduced game time.

#### **GAME DAY:**

Will consist of two 18-minute halves. This will be divided into four 9 minute periods.

- Coaches will be afforded free substitutions.
  - Players must report to score keepers table.
- Coaches will be afforded 2 timeouts each half.

**PRE-GAME:** Team/Players will be introduced pre-game via fog-machine, lights, and music.

#### **HALF-TIME:**

At half-time of each game, players will exit for coach instruction in an off-court room.

#### **POST-GAME:**

Each participant will be awarded a star for their performance during the game. Parents are encouraged to participate in this time and cheer for each participant as these are given out by the coach. Game day stars are multi-colored iron on stars that are to be applied to the uniform undershirt.

**BLUE** – EFFORT > **GREY** – OFFENSE > **RED** – DEFENSE > **GOLD** – SPORTSMANSHIP > **WHITE** – CHRISTLIKENESS.

- Teams can coordinate snacks, but please clean-up as you exit the room.

### **DIVISION RULES:**

- Score, Fouls, and Possession arrow kept by score keeper.
- Offensive & Defensive fouls called to include but not limited to:
  - Traveling & Double Dribble.
  - Backcourt violation
  - Ball inbound violations
  - Three-second violation called.
  - 5 second inbound
  - 10 second back-court
- Teams must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover.
- Goals switched at half-time.

### **UPWARD SUBSTITUTION SYSTEM: (NOT USED)**

#### **OVER-TIME:**

**OT-1:** If score is tied one 3 minute overtime period will be played. The starting line up will revert to the first five players listed in the coaches handbook. Ineligible players will not be included.

**OT-2:** If score is tied after first overtime the first five players from each team will shoot one free throw. The team with the most free throws will win game. If team is still tied after first five players, each additional player will shot under “sudden-death” rules until win.

#### **CONTACT:**

If you have any questions or concerns please feel free to contact our leadership team at [eaupwards@gmail.com](mailto:eaupwards@gmail.com)